

Small Group Ministry  
Session Plan  
**Small Groups/Deep Connections**

**Opening Words:**

It doesn't matter what kind of day we are having. We greet each other wherever we are on our journeys.

I may share joys and sorrows, challenges and growth, peace and turmoil.

And I wait for you to share as you wish.

For we enter our time together with deep respect for our inherent worth and dignity—yours and mine.

We recognize ourselves as unique individuals together in this space and time.

We join with each other in a small group that allows us to hear each other's stories.

We wait to hear each other's voices and to feel our common presence.

We engage as a group to hold joy and sadness -- sometimes both simultaneously, as life holds both.

For we enter our time of intimacy as well as our time of exploring.

We recognize the uniqueness of this group and its importance to us.

**Check in/Sharing:** How are things with you today?

**Topic/Activity:**

*Reflection:* Take a few moments to reflect on what difference being in your small group makes. Select a phrase such as these (or create your own) to focus the impact of small group ministry experience:

- The rhythms of life
- Strengths and challenges
- Life changes: struggles and triumphs
- Loneliness and togetherness
- From you I receive, to you I give
- Helping, holding and being held

How has being in your small group affected your relationships?

*Action:* Individually and then as a group, how do you express the meaning of small group ministry in your personal life and spiritual journey? How can you share this with the congregation in a Sunday service? Consider using the following in a 5 minute presentation.

- Story, sharing experiences
- Songs, music – including writing your own
- Pictures
- Dance, movement
- Other expression

**Check-out/Likes and Wishes:** How was the session for you? What are you taking from the session?

**Closing Words:**

Take what has been shared today in our bonding and in our exploring.

May we hold each other gently in our thoughts as we leave this time together.

Rejoice in what you have given and what you have received.

And look forward to returning to the group again.